

# Don't Eat That!

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Third paper of the day. They built up in my head while I was away and I had to empty out as soon as I got home, lest my brain explode.

Events of the past week reminded me to remind you to update your diet if you haven't already. I have written about this several times before, but it bears repeating. If you are older, you may not realize that all the ingredient lists of your old favorites have changed. For instance, they used to make everything with butter or lard (or at least Crisco, I am reminded), but nothing on the shelf is made with butter or lard anymore. They have replaced Crisco with things even worse: genetically modified junk oils like soybean, canola, or palm. Crisco was hydrogenated cottonseed oil, which was admittedly awful, but at least it wasn't genetically modified. The only way they could get worse than Crisco was to genetically modify it and use soybean oil, which they now do. They prefer soybean oil since they know it helps turn you into a trannie: one of their favorite projects for decades, just now coming out into the open. If you are a guy and you want man boobs, eats lots of things made with soybean oil. Which would include a lot of the things you get at restaurants. Most restaurants use these cheap GMO oils, even the expensive ones. Many people think it is best not to ask your favorite restaurants or burger joints what oil they use, since the answer is sure to depress you further, but I recommend you do. If enough of their customers demand proper oils, and indicate they will pay a little more for it, it will probably happen. Better than going broke for them, and dying of something awful for you. Until that happens you best avoid eating out.

As another example, we can look at Ritz crackers. I read the ingredients list and noticed the oil used was junk, as usual. Upon researching it, I found it was even worse than that, because many [European countries have actually banned Ritz crackers](#). Their oil is that bad. It is hydrogenated GMO cottonseed oil, which is basically poison. You would think Ritz would change their formula to guarantee large European markets, but they don't bother. Strange, eh? Could it be because Ritz is paid by the government to make its product as crappy as possible, to make sure you don't live too long? That is my guess. There is no other way I can explain the purposeful adulteration of American food over the past century, getting worse every decade.

And it isn't just mainstream stuff like Ritz crackers. One of the first things I did when I got to Austin was visit Whole Foods, so I didn't have to eat things like Ritz crackers. But since Bezos took them over, they too have crashed and burned. I will give you one obvious example. I wanted to buy a loaf of bread, and Whole Foods still has their own bakery. They used to have a wonderful pumpernickel loaf with only about three ingredients. But this time I checked all their bakery loaves, and every single one had been purposefully adulterated with these junk GMO oils, specifically canola and soybean. Some loaves had both, and they weren't organic. So why would anyone buy them? I was under the impression that most people, like me, shopped at Whole Foods to avoid things like GMO junk oils. I think Whole Foods and Amazon even brag about that to this day. But the truth is very different once you get on premises and start reading labels. It has always taken a lot of work to track down organic bread, but it has gotten even harder in the past twenty years. With Whole Foods going over to the dark side, it is almost impossible.

The only oils I buy for use at home are Bragg's organic olive oil and various brands of organic coconut oil. I use them both internally and externally.

But it isn't just these oils. Another major culprit is high fructose corn syrup, or HFCS, a premier poison in the American diet. HFCS targets the blood/brain barrier, allowing fluoride and aluminum to pass much more easily and invade brain tissue. Once there it begins hardening the soft tissue, eventually making it useless. It is thought by many, including me, to be a major cause of Alzheimers and other problems. This is known by the mainstream, but they seem not to care: it is still in everything. Nearly everything contains HFCS, and those things that don't contain Sucralose (Splenda), which is just as bad. It may not be as bad for the brain, but it is worse for the other major organs, where it facilitates diabetes, kidney malfunction, leaky gut, bowel degeneration, and many other things. [More recently it has been discovered](#) that Sucralose actually targets DNA, somewhat like the fake Covid “vaccines”. That link goes to the mainstream Healthline.com, which admits it:

**In a study published in 2022 in the *British Medical Journal* [the 4<sup>th</sup> largest in the world] a group of French researchers found that consumption of sucralose was linked to a higher risk of cardiovascular disease, stroke and coronary heart disease.**

The hired hacks at Splenda deny there is any problem, but admit they haven't studied their own product for these issues. So how exactly would they know?



That is what many people are eating. So how did they fool us? Because, as you see, the entire front panel is deceptive. It says “no added sugar”, which is true since there is no sugar in it at all. It is sweetened with Sucralose. But since it is not sold as a diet product or a no-sugar product, you wouldn't know that without reading the small print. You would assume this is normal ice cream, and many people *do* assume that. So this deceptive label will fool some people who *do* know about the dangers of artificial sweeteners and who do avoid diet sweets.

You should also avoid Nutrasweet, Aspartame, and any other manufactured sweeteners.

But that isn't all this garbage ice cream contains. The third ingredient on the list after milk and cream is Sorbitol, a laxative. Ooh, yummm! Did you order diarrhea with that ice cream? Well, you did whether

you wanted to or not. And this ice cream has a third ingredient you may not be familiar with: Maltitol. That's a sugar alcohol, so it allows the labelers to avoid putting sugar on the label. It helps them sell this ice cream as low carb, since sugar alcohols have lower glycemic indexes than sugar. And Maltitol is also a laxative, causing gas and diarrhea. So together with Sorbitol it is a double whammy.

But wait: if Maltitol is a sugar alcohol, then it is also deceptive to say “no sugar added”. Maltitol is a disaccharide, which is a double sugar, which is a sugar. And it was added to the ice cream. It is not a part of the milk, which is obvious since they wouldn't have to list the ingredients of milk. The disaccharide in milk is lactose, not Maltitol.

So what if you eat only things that say “sugar” in the ingredients list? Are you OK then? Not even close. They have lots of tricks there as well, to fill you with poisons. Most of the sugar now in cheap foods is not cane sugar. It is beet sugar, and almost all beet sugar is now genetically modified. But they are not required to label beet sugar as beet sugar. It is just listed as “sugar”. That is why I would only eat ice cream labeled “organic cane sugar”, and I almost never eat that. But it does exist. See Alden's Organic Ice Cream as one example. Wegman's for another. The bonus: these organic ice creams taste much better than modern ice creams and don't give you diarrhea. They are like the ice creams of the 1950s.

Searching on Wegman's I discovered something suspicious. [A link to Fooducate.com](http://Fooducate.com) came up first, ahead of Wegman's own site, which is a red flag. Fooducate gave Wegman's Organic Ice Cream a grade of D+ and claimed it had 33% of the RDA of trans fat. But according to Wegman's own site, there is no listed ingredient that would supply that amount of trans fat. Cream has some naturally occurring trans fat, but they are produced by bacteria and exist only as a few isomers. They are not produced by hydrogenation in big vats, so comparing them to industrial trans fats is highly misleading. My guess is Fooducate is a production of Big Ag, and they don't like small producers like Alden's and Wegman's competing with their big garbage ice creams like the one at Albertson's we saw above. If it were up to them organics would be illegal and you would be force fed their laxative ice creams each night after dinner, to ensure you are in constant pain.

Let's also look at things like Gatorade and Powerade. Many people think it is good for them since it provides electrolytes. But mostly it provides “sugar” in abundance, which I would assume is GMO beet sugar, drenched in the deadly pesticide glyphosate.

So, does your favorite bakery use organic cane sugar and organic butter only? Probably not, but there is only one way to find out. Ask them, and ask for proof, like a box from the kitchen. If not, that five-dollar scone is probably not worth five dollars. You can get poisoned for much cheaper than that. You might as well be eating hohos and dingdongs.

What else? Well, there are certain foods you should always eat organic, because the pesticide content is so high. That list is led by grapes, raisins, and peanuts. A friend was eating peanuts in the shell at Five Guys burgers in Austin, and I tried to warn him off them. It is cool to eat them at some places and throw the shells on the floor. One problem: most peanuts are genetically modified and very heavily sprayed, so they are dangerous to eat. This is why peanuts are a famous food allergy. There is a link between allergies and pesticides, though it is rarely admitted, and never in the mainstream. So if you have to eat peanuts, you simply must eat only organic ones. Same for peanut butter, of course. I avoid them entirely. There are far better nuts to eat. But whatever nuts you eat, you should eat only organic.

You should avoid all the big GMO crops, which include corn, beets, canola/rapeseed, soybeans, and

cotton/cottonseed. I no longer eat any yellow corn, even yellow corn that claims to be organic. Someone served corn and they were surprised I wasn't eating it. I told them why but they didn't want to hear it. I don't eat organic corn either, because due to cross pollination, it is almost impossible to keep GMO varieties from crossing with non-GMO. The exception is blue corn, which is not yet a GMO crop. I don't know if it can cross with yellow corn, but if it did I assume it wouldn't be blue anymore, so you could spot it. What this means in practice is that if you go to a Mexican food restaurant, you can eat the blue corn chips but not the yellow corn chips. Same for tortillas. Anytime they ask if you want flour or corn tortillas, go for the flour unless the corn is blue.

Wheat is safer than corn because most wheat is not yet genetically modified. Monsanto has the seeds ready to go, but it has been pulled from the market for the past decade due to rules in Europe and Japan. Some of our wheat crop goes overseas, and they don't want GMO wheat. They won't buy it.

Does that mean that all wheat is organic and that the designation is worthless with wheat? No, because organic isn't just about GMO. Organic wheat is wheat that isn't sprayed with pesticides and herbicides and so on. So it is definitely worth buying organic wheat bread instead of non-organic.

That said, I still don't eat much wheat bread, because it has changed in other ways in the past century. It ain't what it used to be. If I have to eat bread, I try to stick to "ancient" non-wheat species, which don't cross with any sort of wheat, such as millet, amaranth, kamut, or quinoa. You can get them all from Bob's Red Mill, Arrowhead, and places like that.

The same goes for rice. Buy organic and don't buy or eat white rice. Eat brown or wild rice.

I try to stay away from milk, cheese, and other dairy, but I do put cream in my coffee, to protect my stomach from the strong acids in the coffee. It tones them down a lot. I only buy organic cream, and I don't buy Horizon. Horizon has been caught massaging its profile, so I go for Organic Valley or some other local brand. I also buy organic coffee, since coffee can also be heavily sprayed. I never drink espresso because it isn't good to burn the beans like that. It creates more nasty chemicals you don't need. I also avoid superstrong coffee like Starbucks. It isn't good for your stomach and adds to your risk of ulcers. I try to limit myself to one cup a day.